

California WIC



Training Manual

2002

*A Self-Paced Manual
for WIC Staff*

California Department
of Health Services
Women, Infants, and Children
Supplemental Nutrition Branch
3901 Lennane Drive
Sacramento, CA 95834

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Ordering Information for California WIC Local Agencies:

California WIC Local Agencies may order additional manuals directly by completing *the WIC Education, General Nutrition, and Outreach Materials* (OSP 501) form.

The California WIC Training Manual 2002 is number **970011**.

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Introduction

Welcome

Welcome to the *California WIC Training Manual*.

Purpose

This manual was designed for you to learn independently at your own pace. It was designed mainly for paraprofessionals so they can become certified WIC Nutrition Assistants (WNA's).

Other WIC staff can also use this manual to:

- “brush up” on their skills,
 - review content, and/or
 - learn new information.
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Content

This manual covers the 8 tasks for certification. Each of these tasks is split into learning modules.

Learning Modules

There are 23 learning modules. Each of these learning modules has 7 sections. These are:

- Overview,
 - Content,
 - Summary,
 - Glossary,
 - Progress Check,
 - Learning Activities, and
 - Progress Check Answers.
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Glossary

Words that you may not be familiar with have been underlined. Definitions for these words can be found in the Glossary at the end of each module.

continued on next page

Introduction (continued)

Glossary (continued)

As an example, look at the following sentence from *Task IV/Module B: Participant-Centered Individual Education*:

“Staging is an important part of the individual education process.”

If you were not familiar with the word “staging” you could look it up in the Glossary at the end of the module. You would find the word “staging” listed and defined as “deciding what stage of change a participant is in at the time of the session.”
